

# YOU FIRST

Formerly Ladies First



Screening and support for heart  
disease, breast and cervical cancer

 800-508-2222

**Join today!**

 [YouFirstVT.org](https://YouFirstVT.org)

 [facebook.com/youfirstvt](https://facebook.com/youfirstvt)

 **VERMONT**  
DEPARTMENT OF HEALTH

Center photo courtesy of The Gender Spectrum Collection

# YOU FIRST

## You First pays for health screenings, including:

- Mammograms
- Pap tests
- Heart health checkups

## You're eligible for You First if:

- You live in Vermont
- You are 21 years of age or older
- Your income is within our limits

Even if you have health insurance, including insurance through Vermont Health Connect, you may still qualify for You First.

## What does You First Offer?

- Blood pressure self-management equipment and tools
- Individual health coaching support

## You First also pays for memberships to:

- Weight Watchers®
- Curves Complete®
- Local fitness centers